

Abstract The purpose of this study was to examine the effects of a 6-week training program on the performance of young elite female athletes. Twenty-four subjects were randomly assigned to two groups: control ($n = 12$) and training ($n = 12$). The training group performed a 6-week training program consisting of three sessions per week. The control group did not perform any training. Performance was measured by maximum power output (W), maximum speed (m·s⁻¹), and maximum distance (m) during a 100-m sprint. The results showed that the training group significantly improved their performance compared to the control group. The training group's maximum power output increased from 1800 W to 2200 W, maximum speed from 1.8 m·s⁻¹ to 2.2 m·s⁻¹, and maximum distance from 100 m to 120 m. The control group's performance remained unchanged throughout the 6 weeks. These findings suggest that a 6-week training program can improve the performance of young elite female athletes.

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